RESEARCH AND EVALUATION OF THE ACTUAL NUTRITION OF CHILDREN AND ADOLESCENT CHESS PLAYERS

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Annotation. Nutrition problems are relevant for all segments of the population, including children and adolescent athletes, since nutrition for them is one of the components of maintaining their working capacity at a high level and productivity. In the course of a survey of children and adolescents involved in sports, 79% of young athletes had a violation of the diet. In some schools, the absence of canteens was revealed. Often in the existing canteens, mainly carbohydrate products are sold.

Key words: sports, children, teenagers, chess players, food, food.

The relevance of research. Human health depends on the quality of food and the quality of nutrition. For a person, all indicators of the quality of food are important - and its energy value, the content of all nutrients. Nutrition, corresponding to the nature of metabolic changes caused by muscle activity, to a certain extent determines the development of the processes of adaptation of the athlete's body to the performance of loads during training and competition. In addition, nutritional factors can affect metabolic processes, the rest period, and accelerate recovery processes. In this regard, it is necessary to know the principles of nutrition for athletes in order to adhere to them both during training, competitions, and at home.

The body of athletes is under great stress, for full-fledged classes, training, diet, special attention is paid. Being engaged in an intensive mode, athletes need to choose the right healthy nutrition. The diet of athletes is characterized by high calorie content, high levels of proteins, fats, carbohydrates. It must be selected depending on the goal.

All the necessary substances for the body are contained in water and food. Lack of water reduces the absorption of nutrients. Athletes have a higher water intake than people with low physical activity. The composition of food products significantly affects health, physical activity, ability to work, emotional state, and life expectancy. Nutrition is the life and health of a living organism, which is maintained with the help of food.

There is a separate nutrition system for athletes. It is necessary to take into account the frequency of meals, regularity, balance, the required level of caloric content of products, sufficiency. Sports nutrition in general is aimed at supplementing the body with essential nutrients, vitamins, essential micro and macro elements. Sports nutrition is necessary to improve athletic performance, increase strength and endurance, promote health, increase muscle volume, normalize metabolism, achieve optimal body weight and, in general, aimed at increasing the quality and duration of life.

Food provides the body with energy. Muscles need energy directly. Energy costs increase tenfold during the transition from a state of rest to increased physical activity.

Proper nutrition of athletes ensures quick recovery after strenuous physical activity, achieving high results. The diet of athletes should consist of affordable products that do not violate the basics and principles of a healthy diet. It is necessary to selectively approach the selection of

products, taking into account the needs of the body for nutrients. For the formation and maintenance of health, proper awareness and interest in healthy nutrition is needed.

Purpose of the study. To study and evaluate the nutrition of children and adolescents of chess players.

Materials and methods. A questionnaire was created, including questions that determine the nature and quality of nutrition, daily routine, lifestyle of children and adolescents involved in sports. Data were obtained from 264 children and adolescents aged 7-16 years.

Results and discussion. The multiplicity of food intake, which is one of the important components of rational nutrition, is disturbed in most children and adolescent athletes. According to the survey, 55% of children aged 7 to 10 years old eat 3 times a day, from 11 to 13 and from 14 to 16 - 3-4 times; 6% of children take food 5 times a day. 95% of children and adolescents have breakfast, and for lunch they usually take sandwiches, buns and pies from the buffet; high school students eat fast food and sweet black tea; In the evening, all children are fed at home. According to the study, 11% of children eat hot food once a day, 70% of children eat hot food once 2 times a day, and 17% of children eat hot food 3 times a day. There were no differences between girls and boys when comparing the level of food intake.

When analyzing the provision of basic foodstuffs for the examined children, it was noted that some foodstuffs are not enough due to the inconsistency of the basic nutrition of schoolchildren-athletes aged 7-10, 11-13 and 14-16 years old and the irrationality of new foodstuffs. According to the survey, the diet mainly includes bread, cereals and confectionery. Dietary fiber was 90% when the daily ration did not meet the nutritional standards for fresh vegetables and fruits. Thus, when studying the nutritional security of children playing chess, the following was revealed:

- a large number of bakery and confectionery products and sugar in the diet;
- in the diet there was a lack of meat and meat products. Fish products, very little rabbit meat, poultry meat are consumed once or twice a month;
- a very small amount of milk and dairy products in the diet of chess players;
- low consumption of vegetables and fruits by children is not enough to provide them with minerals and vitamins at a normal level.

During competitions in the Republican Specialized Chess School, under our supervision, students received additional food free of charge according to existing hygienic standards for 10 days, but this had very little effect on the general indicators of the specific nutrition of children and adolescents. At the next stage, the biological significance of the diet of the studied children and adolescents was studied. Foods that are not taken in sufficient quantities in the daily diet result in low levels of protein, fat, minerals and vitamins.

Protein deficiency in the nutrition of children 7-10 years old is 16.3% in the winter-spring period, 9.6% in the summer-autumn period; In children aged 11–14 and 15–16 years, it was 9.9 and 24.5%, respectively. In most cases, the deficiency refers to protein in animal products, which is associated with very low consumption of meat, meat products, fish and dairy products. When studying the issues of canteens in sports schools, it was revealed that they were absent in some schools. When studying diets and dishes in canteens at sports schools, the predominance of carbohydrate products was revealed.

Conclusion. Nutrition of 67% of children and adolescents involved in chess is irrational. Children and adolescents clearly have a disturbed diet, so they replace the missed meals with dry food and fast food. Catering in sports schools is insufficient and incomplete.

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